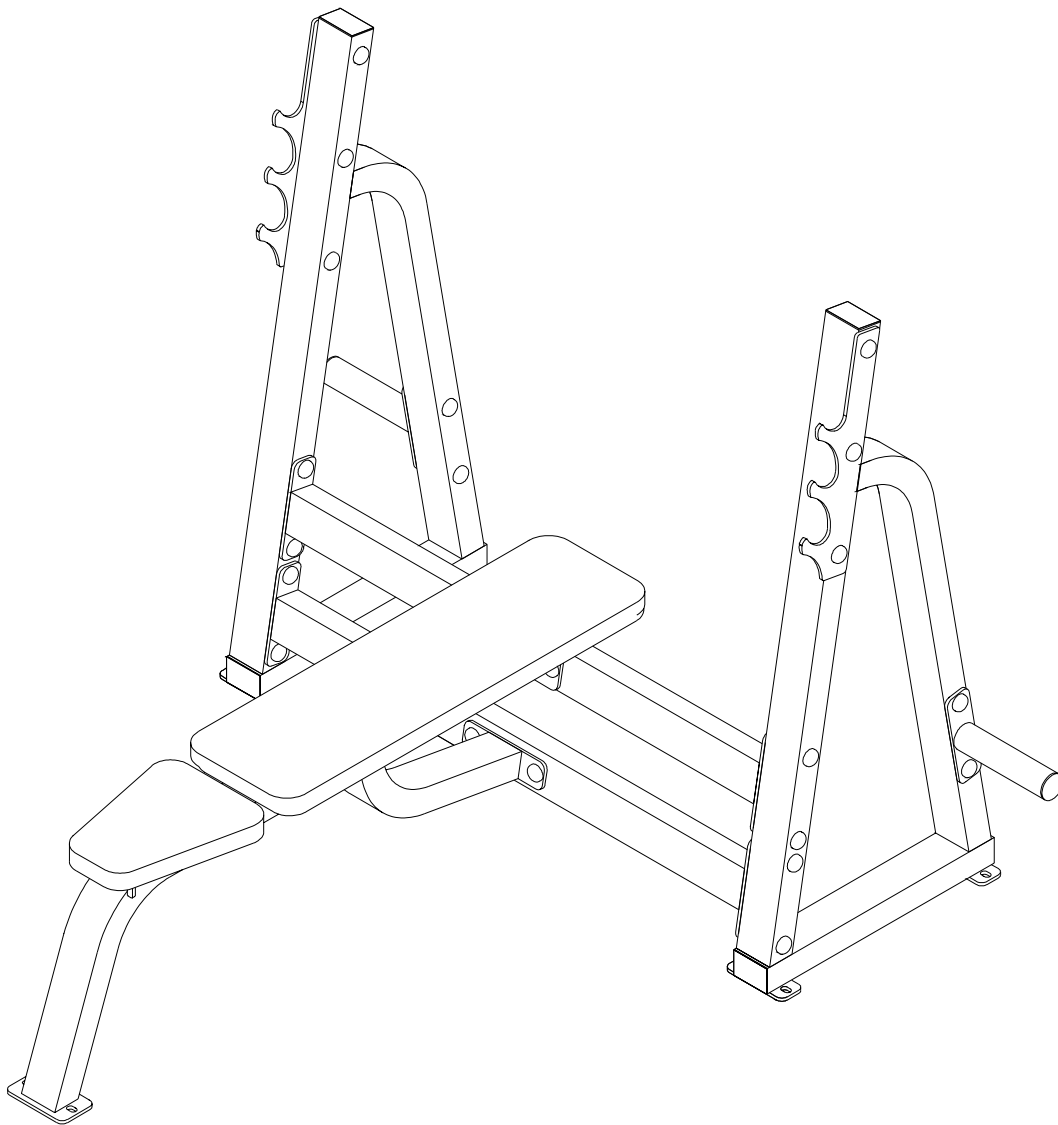




CLUB SERIES OLYMPIC FLAT BENCH



ASSEMBLY INSTRUCTIONS

PARTS LIST

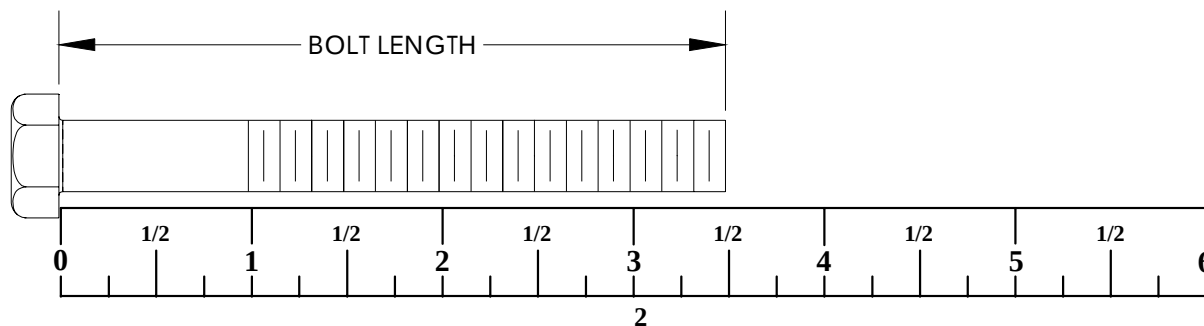
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	xx	UPRIGHT	2		10	3102905	3/8 X 3-3/4" BOLT	18
2	xx	CROSS BRACE	2		11	3228501	3/8" BLACK SAE WASHER	1
3	xx	BENCH FRAME	1		12	3102807	3/8" LOW HEIGHT LOCK NUT	22
4	xx	BAR SUPPORT RACK	2		13	3102514	3/8" SAE WASHER	44
5	xx	BACK PAD	1		14	6866701	3/8" RH WASHER	47
6	xx	SEAT PAD	1		15	6866601	BLACK RH CAP	10
7	xx	NOTCHED ANGLE	1		16	6866602	WHITE RH CAP	37
8	xx	WEIGHT HORN	2		OR	6866603	PLATINUM RH CAP	38
9	3102922	3/8 X 2-3/4" BOLT	7		17	3202406	3/8 X 1-1/4" BUTTON HD BOLT	1

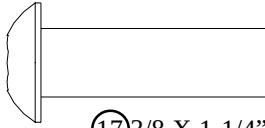
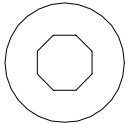
Tools Required for Assembly

- * Rubber mallet or hammer
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * 3mm Allen wrench

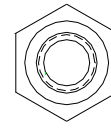
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

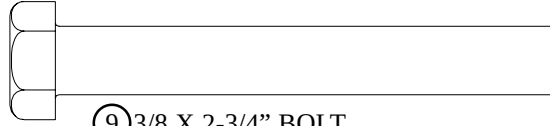
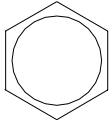




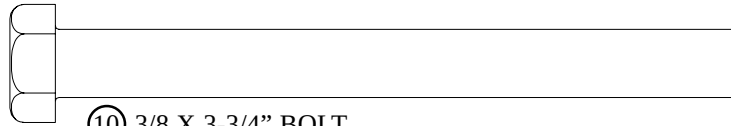
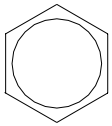
⑪ 3/8 X 1-1/4" BUTTON HEAD BOLT



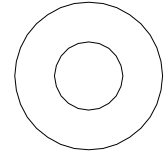
⑫ 3/8" LOW
HEIGHT LOCK
NUT



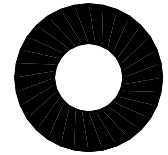
⑨ 3/8 X 2-3/4" BOLT



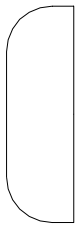
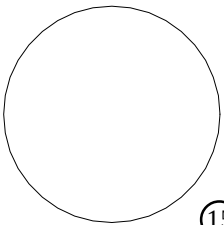
⑩ 3/8 X 3-3/4" BOLT



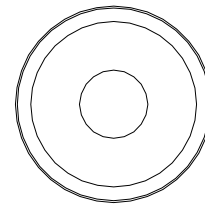
⑬ 3/8" SAE
WASHER



⑪ 3/8" BLACK SAE
WASHER

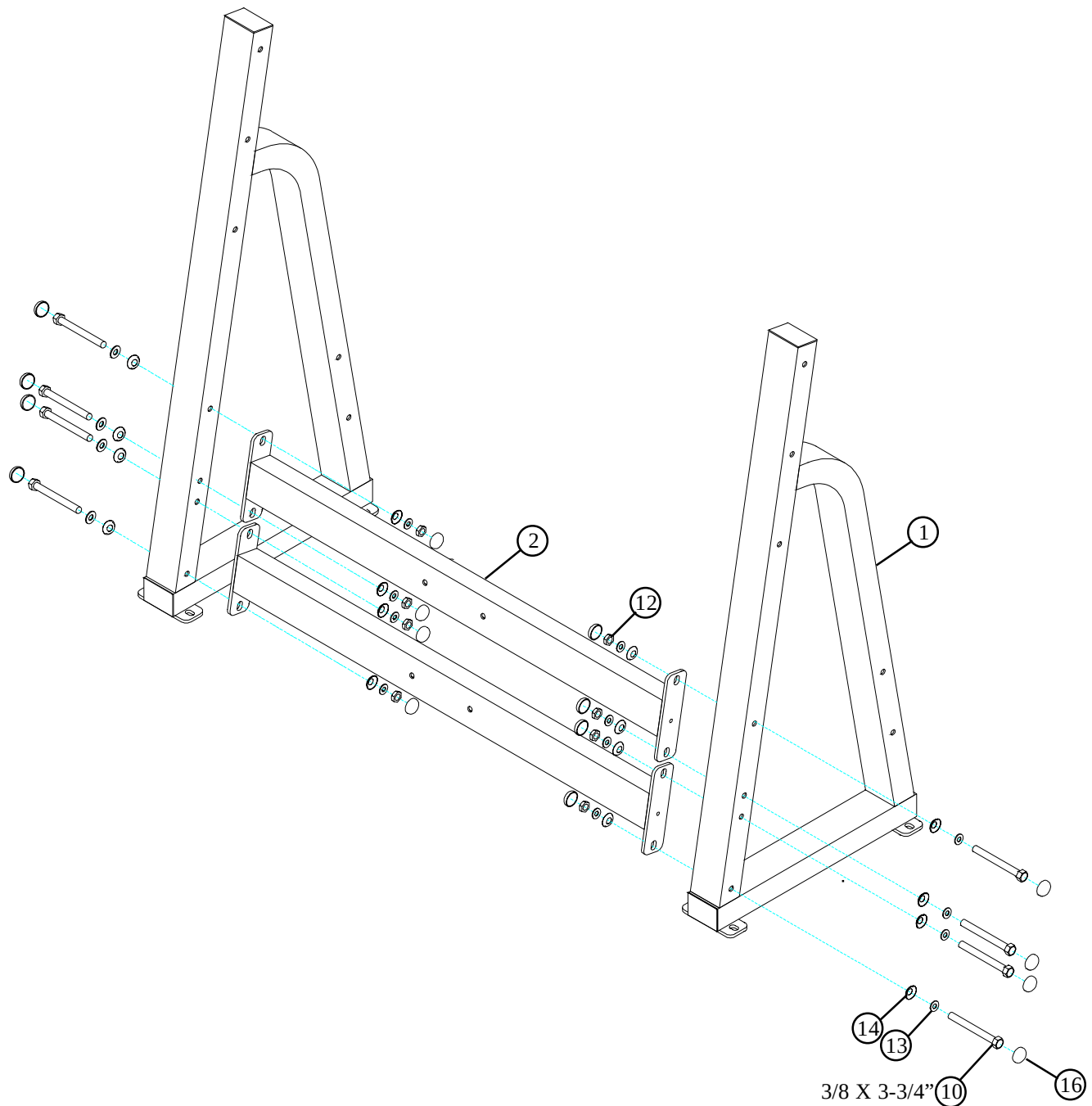


⑮ ⑯
RH CAP
(BLACK/WHITE/PLATINUM)



⑭
RH
WASHER

FIGURE 1



STEP 1:

- **LOOSELY** assemble the two UPRIGHTS (1) to the two CROSS BRACES (2) using sixteen RH CAPS (17), eight 3/8 X 3-3/4" BOLTS (10), sixteen 3/8" SAE WASHERS (13), sixteen 3/8" RH WASHERS (14) and eight 3/8" LOW HEIGHT LOCK NUTS (12) as shown in FIGURE 1.

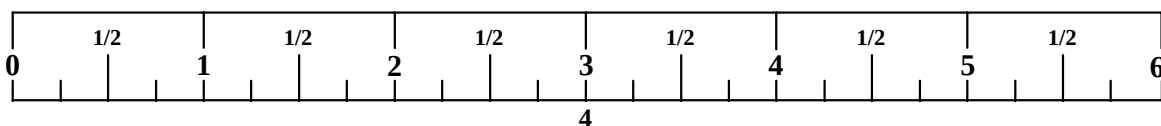
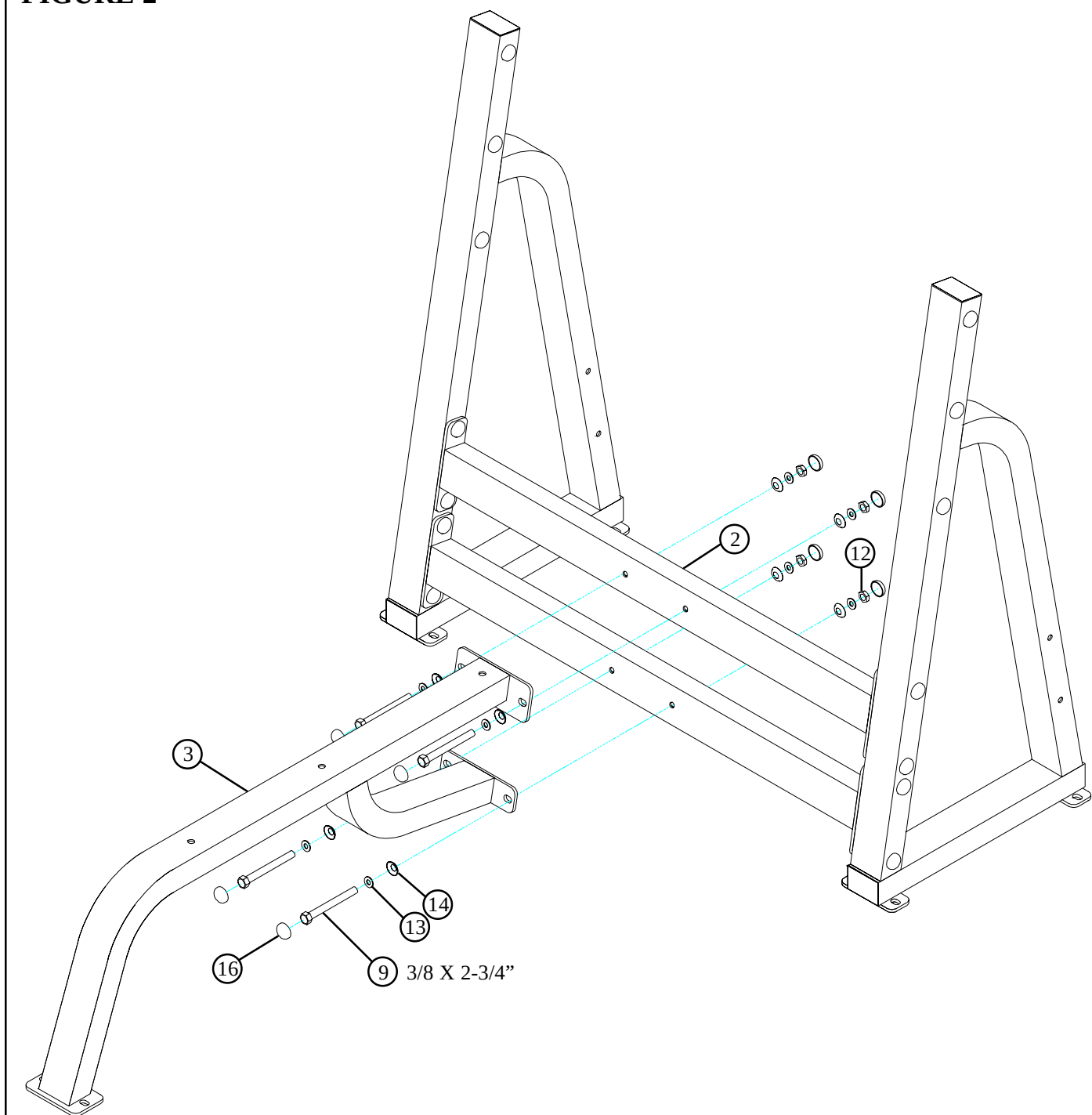


FIGURE 2



STEP 2:

- **LOOSELY** assemble the BNECH FRAME (3) to the CROSS BRACES (2) using eight RH CAPS (16), four 3/8 X 2-3/4" BOLTS (9), eight 3/8" SAE WASHERS (13), eight 3/8" RH WASHERS (14) and four 3/8" LOW HEIGHT LOCK NUTS (12+) as shown in FIGURE 2.
- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (16) over the RH WASHERS (14) on all tightened connections.**

FIGURE 3

This diagram illustrates the assembly of a bench press. The main components shown are the bench (5), the frame (3), and the base (6). The bench is positioned on the frame, and the frame is supported by the base. Various hardware components are labeled with circled numbers: 3 (frame), 5 (bench), 6 (base), 7 (adjustable foot), 11 (nut), 14 (washer), 17 (3/8 X 1-1/4" bolt), 50 (50mm spacer), and 9 (3/8 X 2-3/4" bolt). The diagram shows the bench being lowered into position, with the frame and base already assembled. The hardware components are shown being inserted into the frame and base to secure the bench.

STEP 3:

- **SECURELY** assemble the BACK PAD (5) to the BENCH FRAME (3) using two RH CAPS (16), two 3/8 X 2-3/4" BOLTS (9) and two 3/8" RH WASHERS (14) as shown in FIGURE 3.
- **SECURELY** assemble the SEAT PAD (6) to the SEAT (1) using one RH CAP (16), one NOTCHED ANGLE (7), one 3/8 X 2-3/4" BOLT (9), one 3/8 X 1-1/4" BOLT (17), one 3/8" BLACK SAE WASHER (11) and one 3/8" RH WASHER (14) as shown in FIGURE 3.

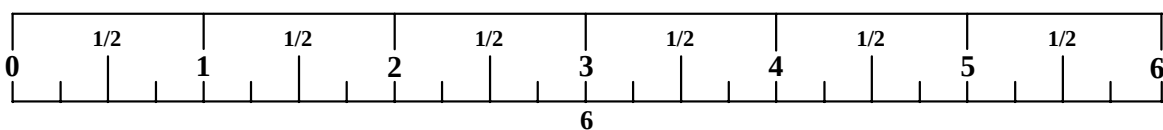
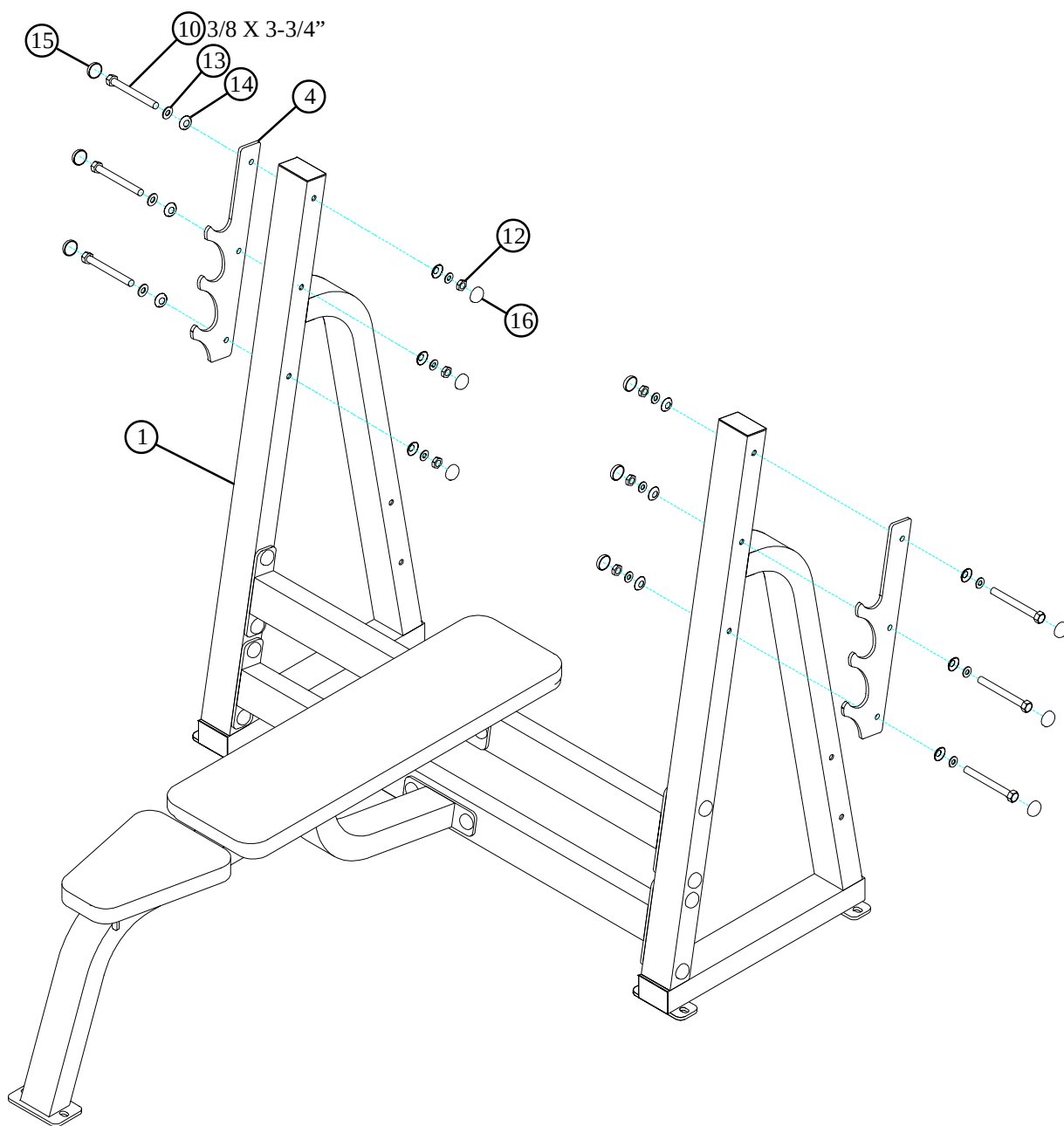


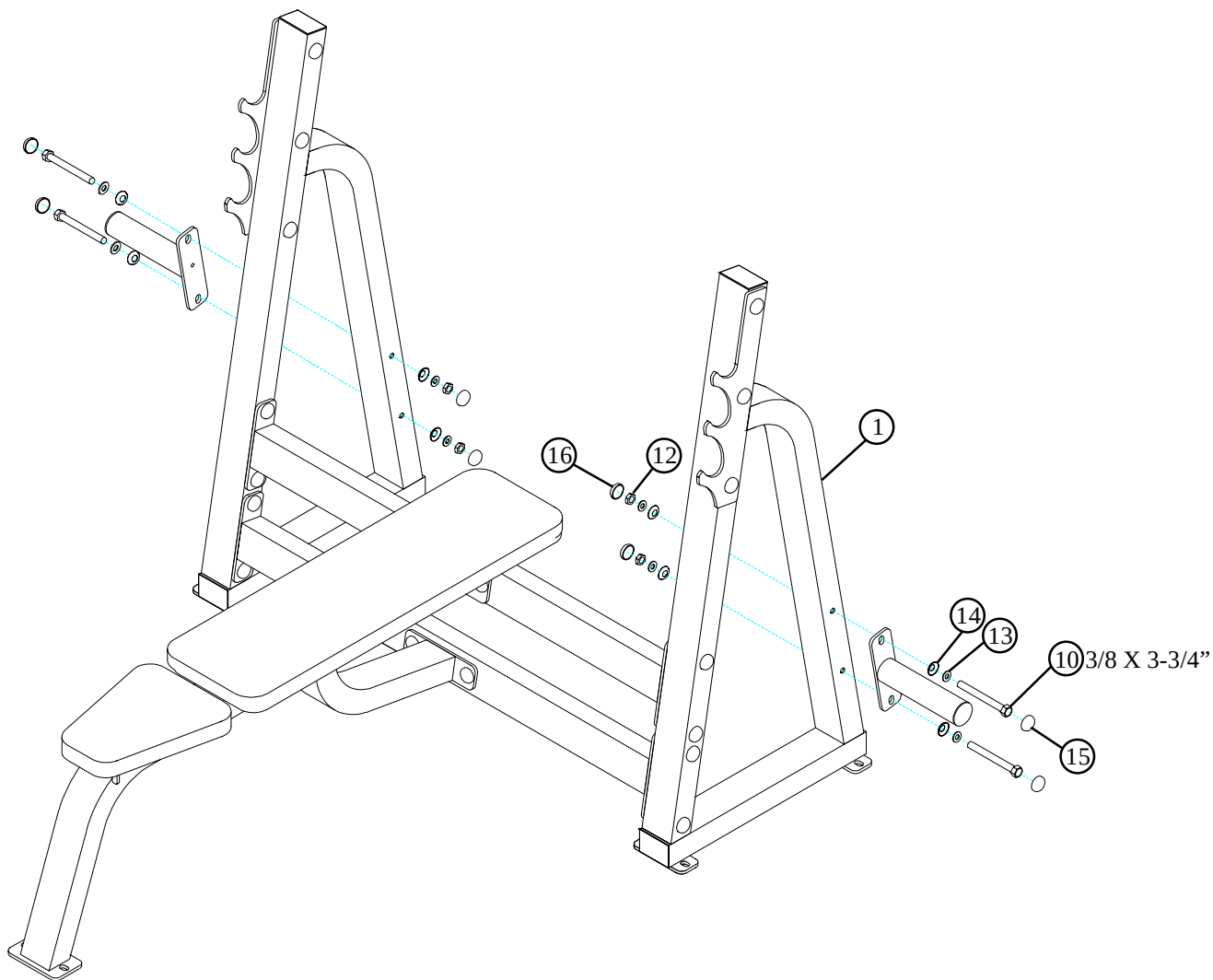
FIGURE 4



STEP 4:

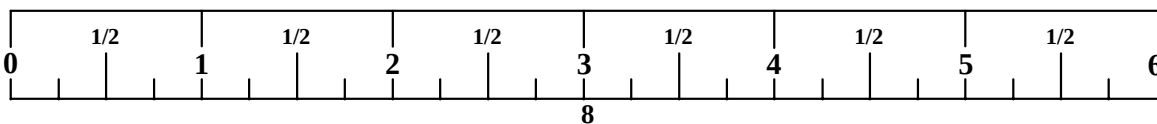
- **SECURELY** assemble the two BAR SUPPORT RACKS (4) to the UPRIGHTS (1) using six BLACK RH CAPS (15), six RH CAPS (16), six 3/8 X 3-3/4" BOLTS (10), twelve 3/8" SAE WASHERS (13), twelve 3/8" RH WASHERS (14) and six 3/8" LOW HEIGHT LOCK NUTS (12) as shown in FIGURE 5.

FIGURE 5



STEP 5:

- **SECURELY** assemble the two WEIGHT HORNS (8) to the UPRIGHTS (1) using four BLACK RH CAPS(15), four RH CAPS (16), four 3/8 X 3-3/4" BOLTS (10), eight 3/8" SAE WASHERS (13), eight 3/8" RH WASHERS (14) and four 3/8" LOW HEIGHT LOCK NUTS (12) as shown in FIGURE 5.



CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB OLYMPIC FLAT BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.